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HANDY BOOK

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ETC., ETC.

This book is dedicated in loving  
appreciation of Mrs. R. C. BOWDEN  
who gave of her interest and zeal in  
its preparation.

# TIENTSIN HANDY BOOK

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PUBLISHED BY

TIENTSIN WOMAN'S CLUB.

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Printed by

THE CAXTON PRESS, LTD.,

TIENTSIN.

1927.

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## INTRODUCTION

If you would be successful in the preparation of food, you must be accurate in measurements.

All recipes in this book are according to uniform measurements.

Unless mentioned spoon and cup measurements are level.

The cup is equal to  $\frac{1}{2}$  pint. We have used the following abbreviations.

C means cupful.

T ,,, Tablespoon.

t ,,, teaspoon.

### Weight and Measure Equivalents.

1	tablespoon (liquid)	- - - -	equals 1 ounce
2	tablespoons fat or sugar	- - - -	," 1 "
4	tablespoons flour	- - - -	," 1 "
2	cups fat or sugar (granulated)	- - - -	," 1 pound
2 $\frac{1}{2}$	cups powdered sugar	- - - -	," 1 "
2 $\frac{2}{3}$	cups brown sugar	- - - -	," 1 "
2	cups chopped meat	- - - -	," 1 "
4	cups flour	- - - -	," 1 "
1	catty	- - - -	," 1 $\frac{1}{3}$ "

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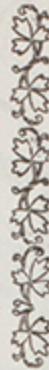
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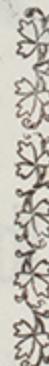
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## MILK, CREAM AND OTHER SOUPS

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### Cream of Peanut Soup

Dissolve 2 heaping t of peanut butter in 1 C of hot water. When smooth add 2 C evaporated cream (diluted if you do not wish it too rich), 1 heaping t cornflour mixed with a cup of water, 1 t salt, 2 t minced onion and a dash of cayenne. Cook 5 minutes. Beat with an egg beater until frothy. Strain and serve very hot.

*Mrs. E. K. Lowry*

### Puree of Green Peas

1 pint of shelled peas (2 lbs.)	1 quart water	1 pint milk
1 T cornstarch	1 T butter	1 t salt
$\frac{1}{2}$ t sugar	$\frac{1}{4}$ saltspoon white pepper	

Bring water to a boil, put in peas and boil until soft; pour through a sieve rubbing with a wooden spoon. Put back in saucepan, add milk, butter and seasoning, allow it to come to a boil, add cornstarch smoothed in milk; cook 2 or 3 minutes and serve

*Mrs. Thomas Lake Miller*

### Mushroom Soup

$\frac{1}{4}$ pound mushrooms	1 T butter	1 slice onion	Salt
1 pint water	1 quart highly seasoned cream sauce		
1 C tomato soup or puree	pinch soda		

Save out three mushrooms peel them, chop, and cook five minutes in the butter. Run the others, after washing them, through the meat chopper together with the onion and the skins of the reserved mushrooms, and simmer, in one pint of salted water for one hour. Press out every bit of the juice and add to the hot cream sauce. Just before serving add the reserved mushrooms and the tomato soup or puree to which a tiny pinch of soda is added at the last minute. Whip with egg beater and serve with toast strips. Tomato may be omitted and more cream sauce added.

Time in cooking,  $1\frac{1}{4}$  hours.

### Tomato Soup

1 quart can tomatoes	1 pint water	1 T sugar	1 t salt
4 cloves	4 peppercorns or 1 saltspoon	white pepper	
1 T butter	1 T chopped onion		
1 t chopped parsley	1 T cornstarch		

Put tomatoes, water, sugar, salt, cloves and pepper on to boil in porcelain stew pan. Put butter in small saucepan and when it bubbles put in onion and parsley, fry five minutes being careful not to burn it, add cornstarch, and when well mixed stir it into the tomato.

Let it simmer ten minutes, add more salt and pepper if needed. Strain and serve with plain boiled rice or toasted crackers.

### Peanut Soup

$\frac{1}{2}$  C roasted peanuts, shell, grind and cook for 10 minutes in a little butter. Pour into the stock.

### Potato Soup

1 lb. potatoes, 2 onions,  $\frac{1}{2}$  pint milk, 1 pint water, 1 oz. fat or butter,  $\frac{1}{2}$  oz. sago, salt and pepper. Peel and cut the potatoes into slices, chop the onions, melt the fat in a sauce-pan add potatoes and onions and cook for 5 minutes with the lid on, add the water and boil gently till reduced to a pulp, add the washed sago and the milk, cook till the sago is transparent, season and serve. Enough for three or four people.

### Almond Soup

3 oz. sweet almonds, 6 bitter almonds, 1 head of celery,  $1\frac{1}{2}$  pints of white stock,  $\frac{1}{2}$  pint milk, 1 gill cream, 1 small onion, 1 oz. butter, 1 oz. flour, salt and pepper. Blanch and pound the almonds, put on to boil with the cut-up celery and onion in the stock, simmer gently for one hour, rub through a sieve, cook the butter and flour together, add the puree and the milk, bring to a boil, stirring all the time, add the seasoning, put the cream in the Turcon, pour the soup over, stirring, and serve. Enough for four people.

### White Sauce

Three kinds of White Sauce are generally used. Thin is used for scolloped dishes, cream soups, milk toast. Medium is used for creamed vegetables, and fish. Thick is used for making croquettes and soufflés.

For Thin white sauce, use

1 T flour	2 T butter	1 C milk
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For Medium White sauce use

2 T flour	2 T butter	1 C milk
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For Thick white sauce use

4 T flour	3 T butter	1 C milk
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### Peanut Soup

$\frac{1}{2}$ C ground peanuts, or peanut butter		1 small onion
4 C milk	1 t cornstarch	1 T butter
salt and pepper		

### Cheese Soup

$\frac{1}{4}$ lb. soft cheese	1 t butter	1 t Worcestershire sauce
1 t onion juice	1 qt. (4 cups) milk	1 t flour
2 yolks eggs	$\frac{1}{2}$ t salt	cayenne pepper

Put milk in double boiler, add cheese pepper, salt, onion juice, and Worcestershire sauce. Rub together butter and flour, with a little cold milk. Add this to the milk, and stir until thick and smooth. Beat egg yolks, and add a little cold milk. Put this into a tureen, pour over it the hot soup, and serve.

This soup can be poured over slices of dry toast and served as a luncheon dish.

*Mrs. R. S. Hall*

### Veal Soup

2 T butter	3 T flour	6-8 C stock of veal
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Melt butter add flour, then stock gradually. Boil slowly for 10 minutes. Remove from fire.

In the soup may be served boiled vegetables and flour balls or apples and prunes. Salt according to taste.

### Flour Balls for Veal Soup

2 T butter	$3\frac{1}{2}$ T flour	a good $\frac{1}{2}$ C boiling water
2 eggs	1 t salt	1 t sugar
$\frac{1}{2}$ t nutmeg.		

Boil water and butter, stir in flour, boil up once more. Remove from fire, when it no longer sticks to saucepan. When cold add eggs, one at a time, then, the spices. Form with teaspoon into small balls and boil for 5 minutes in salted boiling water or stock. NO COVER on pan.

*Mrs. S. Eliassen*

### Cabbage Soup, Brown

3 T butter     $1\frac{1}{2}$  t sugar    1 small cabbage    10 C stock

Brown butter, add sugar and cabbage cut into strips, let simmer till cabbage is soft. When cabbage is light brown add stock gradually and boil till cabbage is well done. Vegetables boiled in the soup may be served in it.

### Fruitjuice Soup

8 C water              2 C fruit juice              2 T sago flour

Sugar to taste        1 C jam.

Mix juice and water, flour and sugar in enamel pan and stir over fire till it boils. Add sugar and jam.

This may be eaten cold or warm. Toasted rusks taste good with the soup. The soup is very good in the hot season.

*Mrs. S. Eliassen*

### Tomato Soup

To 1 pt. tomatoes, or tomato juice, add  $1\frac{1}{2}$  pts. plain soup stock, 1 T chopped onion,  $\frac{1}{4}$  bayleaf, 3 cloves and  $\frac{1}{4}$  t celeryseed.

Mix well together, boil 20 minutes, strain and serve. If stock is not available, bouillon cubes or beef extract may be used, with the proper proportions of water.

### Boullion

Cut into small pieces 4 lb. meat. Break 2 lb. bones into small pieces. Add two quarts of water and heat slowly. When hot, add 1 T salt, 4 peppercorns, 4 cloves, 1 T mixed herbs. Simmer for 5 hours. Boil down to 3 pints. Strain, cool, remove fat, season with salt and pepper, reheat and serve. One onion, one half a carrot and one half a turnip may be cooked with the boullion if desired.

### Clear Tomato Soup

Cook one can of tomatoes with a pint of water, one slice of onion, 12 peppercorns, a bit of bayleaf, 4 cloves, 2 t sugar, 1 t salt, for 20 minutes. Strain and add  $\frac{1}{8}$  t soda. Bind with 2 T butter and 3 T flour. Reheat and serve.

*Mrs. P. H. Benedict*

Preserve and treat food as you would your body, remembering that in time, food will be your body.

BENJ. W. RICHARASON

## FISH-CHEESE-LUNCHEON DISHES.

---

### Fish Chowder

4 onions, 3 potatoes,  $\frac{1}{2}$  lb. of fish, 1 pt. milk,  $\frac{1}{2}$  t butter, 1 t chopped parsley,  $\frac{1}{4}$  t white pepper.

Peel and cut onions into thin slices, put into large saucepan, adding just enough boiling salted water to cover. Simmer gently until about half done (15 minutes). Add potatoes, peeled and cut into small cubes, and more boiling water to cover. Cook 10 minutes; add fish, flaked, and cook until fish is done. Add butter, milk, parsley, pepper, salt and cook fish for 5 minutes. This serves 4-6 persons.

### Fish Hash

Take equal parts of cold flaked fish and cold boiled potatoes finely chopped. Season with salt and pepper. Try out fat salt pork or bacon, remove scraps, leaving enough fat in pan to moisten fish and potatoes. Put in fish and potatoes stir until heated, then cook until well browned underneath, fold, and turn like an omelet.

*Mary Augusta Mullikin*

### Salmon Loaf 1.

Drain juice from one large can of salmon and shred, add one C of cracker crumbs, one egg well beaten, one t of salt, dash of pepper and enough milk to moisten well for baking. Press into well buttered casserole and bake until a good brown. Serve hot with plain cream sauce, or cold arranged with lettuce, or parsley. Garnish with thin slices of lemon.

*Mrs. R. W. Mooney*

## Salmon Loaf 2.

1 can red salmon with liquor	Salt and pepper to taste
1 C bread crumbs	$\frac{1}{2}$ C milk
2 eggs	3 T melted butter

Mix all together, butter steamer and boil one hour.

*Mrs. H. H. Sergenian*

## Fish Sauce 1.

1 T flour	
1 T melted butter	
1 C milk.	When this thickens add 2 T tomato catsup.

## Fish Sauce 2.

2 T butter	}	thicken
1 T flour		
1 C boiling water		
1 T chopped onion	}	boil and strain
1 bay leaf		
1 T Vinegar		

Put two parts together.

*Mrs. H. H. Sergenian*

## Salmon Loaf 3.

$\frac{1}{2}$ C bread crumbs	1 can salmon
3 eggs beaten light	2 T melted butter
pepper salt to taste	dash of lemon juice

Chop and pick the fish. Rub in the butter till smooth. Beat in bread crumbs eggs and seasoning. Put in buttered dish and steam 1 hour. Serve with hot mayonnaise sauce.

*Mrs. E. Fischer*

### Pilaf with Tomato

4 C stock, 2 C rice, 4 T butter 2 ripe tomatoes or 4 T canned tomatoes.

Put butter in a deep vessel and let it melt, then add the rice, well-washed and drained and fry for about 10 minutes. Have stock boiling with the tomatoes in it and slowly add stock to the rice, season, and let boil slowly for 20 minutes, after which take the cover off vessel and place the vessel in a moderate oven for ten to fifteen minutes.

### Spanish Beans

2 small C pink beans

Put on in half kettle of cold water to which is added a t. of soda, and let boil for a few minutes. Pour off water and rinse the beans well.

Put the beans into a kettle that will shut tightly, and add 4 C of water. Add

1 C canned tomatoes	1 T crisco or lard
1 large onion	1 t sugar
1 green pepper	Chili powder if desired

Let cook about four hours. Add more water if needed.

*Mrs. Robert McCann*

### Savory Rice

1 C rice, 4 C beef stock,  $\frac{1}{2}$  C water,  $\frac{3}{4}$  C walnut meats broken up, 1 T butter, 1 t celery salt,  $\frac{1}{4}$  t curry powder, salt and pepper to taste.

Add the water to the stock, let it come to a boil, then add the rice well washed, and the nut meats; cook slowly until tender, then add the butter, celery salt and curry powder, and salt and pepper to taste. Butter a baking dish, pour in the rice mixture, dot the top with pieces of butter and bake in a moderate oven for 20 minutes.

### Savory Rice Croquettes

1 C tomatoes, slice of onion, sprig parseley, 1 clove, small piece red pepper  $\frac{1}{2}$  C stock or water,  $\frac{1}{4}$  t salt,  $\frac{1}{4}$  C grated cheese,  $\frac{1}{2}$  T butter. Cook for 20 minutes. Put thru a sieve and add one cup cooked rice, mix well, and then add one egg well beaten. Shape into croquettes, egg, crumb, and fry in deep fat. The croquettes may be made hours in advance of the time to fry. They hold their form better if fried when cold.

### Chicken Croquettes

To  $1\frac{1}{2}$  C thick whitesauce (6 T flour, 4 T butter,  $1\frac{1}{2}$  C milk) add 3 C cold chopped cooked chicken,  $\frac{1}{4}$  t salt,  $\frac{1}{2}$  t celery salt, speck cayenne pepper, 2 t lemon juice, and if desired, a few drops of onion juice. Mix well, set aside until very cold, then mold, egg, crumb and fry in deep fat.

### Haricot or Butter Bean Roast

Butter beans, instead of soaking over night, pour boiling water on them, cover with plate, when the skin can be easily removed with the fingers.

2 breakfast C of wholemeal breadcrumbs,

2 „ „ butter beans or haricots,

1 large onion (stewed in butter),

4 oz. butter,

Bunch of sage, parsley thyme.

Put beans thru sieve after soaking and boiling. Chop onion. Chop herbs very finely. Mix all together. Mould mixture into long shape, roast slowly for  $\frac{3}{4}$  hour with covering of greased paper. Baste well. Serve with apple sauce.

### Baked Onions and Cheese

8 Spanish onions.

Pare and boil them in a little water. When cooked pour over them an ordinary white sauce. Sprinkle over this some grated cheese and few breadcrumbs. Put in oven for a few minutes to brown.

*Mrs. A. P. Cullen*

### Cheese Pudding

4 slices buttered bread, cut in squares, (about an inch)

1 C dry yellow cheese, grated.

1 C milk

A little mustard and salt

Mix milk, eggs, mustard, salt and pour over layers of bread and cheese.

Let stand for 15 minutes before putting into the oven. Bake about 20 minutes.

*Mrs. S. S. Richards*

### Minute Tapioca Cheese Omelet

2 t minute tapioca, 1½ t butter or salad oil, 2 eggs. 1 C hot milk. ½ t salt, ¼ t pepper or paprika, ½ C cheese cut in small pieces.

Cook tapioca, salt, pepper, and cheese in hot milk 15 minutes, stirring often, add butter and yolks of eggs beaten light. Remove from fire, fold in stiffly beaten whites of eggs, put remaining butter in omelet pan, when it bubbles, pour in the mixture, gently shake to prevent sticking.

### Bread and Cheese Custard

Take  $\frac{1}{2}$  lb. of grated Cheddar cheese,  $\frac{1}{2}$  lb. bread crumbs, 1 pint milk, 1 egg, pepper, and salt. Mix cheese, crumbs, pepper, and salt together, boil milk and pour over them, leave mixture to get cold and then beat the egg and stir it in. Put all in a deep dish, and bake to a good brown in a hot oven. Lay little pieces of butter on the top and serve very hot.

### Tomato Savoury

$\frac{1}{2}$ oz. butter.	1 small onion (cut up very small)
$\frac{1}{2}$ lb. tomatoes (cut up)	

Simmer till tender, add 1 egg and stir till it thickens, then add 6 oz. grated cheese and 2 oz. breadcrumbs. Season to taste. Pour on buttered toast. Sufficient for 6 persons.

*Mrs. A. P. Cullen*

### Macaroni

Break 4 oz. macaroni into short lengths and put into 4 times as much boiling water, into which has been put 1 t salt.

Let this boil for half an hour, drain, pour cold water over it, and let stand for 15 minutes.

1 T butter	1 T flour	4 T grated cheese
1 C milk	$\frac{1}{2}$ t salt	$\frac{1}{8}$ t cayenne pepper.

Put in a baking dish first a layer of sauce, then a layer of macaroni, and then the remainder of the sauce.

Sprinkle with grated cheese and grated breadcrumbs and pieces of butter. Reheat in the oven.

*Mrs. C. E. Seymour*

### Nest Eggs

Cook spaghetti in salted water. On a platter coil the spaghetti to form nests and drop a poached egg in the center of each. Pour over all, tomato sauce.

1 C tomatoes, 1 T flour, 1 T butter,  $\frac{1}{2}$  t salt, 1 C water or stock. Boil all together and strain.

### Egg and Cheese Souffle

4 eggs	1 t salt	$1\frac{1}{2}$ C milk
$\frac{1}{8}$ t pepper	$\frac{1}{2}$ C cheese	

Bake in cus'ard cups placed in pan of water for 20 minutes. Place on platter when done and cover with following sauce.

1 C tomatoes	1 t sugar	1 C milk
$\frac{1}{2}$ t salt	1 small onion	$\frac{1}{8}$ t pepper
2 T butter	1 T corn starch	

*Mrs. Chas. Stanley*

### For Chafing Dish on Electric Hot Plate

Brown  $\frac{1}{2}$  onion (chopped) with 2 T butter then add  $\frac{1}{2}$  tin tomatoes, when thoroughly cooked add 1 C milk, 6 eggs beaten. Stir and keep it from becoming lumpy and add 1 T pimento salt to taste. 2 T grated cheese may be used if desired. Serve on hot buttered toast. 1 tin of corn or 1 tin of salmon may be used instead of the tomatoes. If the eggs do not thicken enough use 1 t of flour, first mixed with a little cold milk.

*Mrs. Chas. Stanley*

### Cheese Scrappe

2 C milk	1 T corn starch
½ C grated cheese	½ t salt
8 young onions or a small amount of Spanish onions	
½ t pepper	¼ t curry powder
Toast	

Heat the milk in the top of a double boiler. Add the corn starch dissolved in a little milk, stirring constantly. Chop the onions fine, using some of the green tops and add together with the cheese to the sauce. Then add the seasoning and pour it on the buttered toast.

*Mrs. P. H. Benedict*

### Rinktam Ditty

Piece butter, size of egg	1 T cornstarch	1 C milk
1 C tomatoes or tomato soup	Worcester sauce	10 drops
1 whole onion	1 lb. cheese	
salt, pepper to taste	scant ½ t soda in tomatoes	

Melt butter. Mix with ingredients. After thick, add cubed cheese.

### Montauk Sandwiches

Butter slice of bread and on it lay a thin slice of American cheese with salt, mustard and pepper. On this place a slice of ripe tomato, and then a slice of bacon. Bake in the oven (hot) or broil until the bacon is crisp and the cheese melted.

*Mrs. P. H. Benedict*

"Things well done and with a care, exempt themselves from fear"

## HOUSEHOLD HINTS

---

In China FLOUR should be sifted six times to give it the consistency of the flour we use for cakes and bread.

CHINESE CREAM OF WHEAT can be obtained in the Chinese grain stores, and has good food value, in addition to being much cheaper than the cream of wheat purchased in foreign shops.

CHINESE DATES (Honey dates) are of good food value.

CHINESE HONEY, (Mukden) is pure and is one of the best sweets for the diet of children.

CHINESE VINEGAR is of use for the first boiling of pickles.

MILLET bought in the Chinese grain shops proves a nutritious and palatable cereal food.

WHEAT ground and baked in the oven, makes delicious muffins and cereal.

Chinese PAO TZS, may be made light and easily digested by adding to the dough a little baking powder.

PEANUT OIL may be freed from the peanut taste by dropping a few cubes of raw pared potato into the heated oil, and cooking them until brown. The oil may be used for any deep fat frying.

TURKEYS or other birds about to be killed, should be given at tablespoon of brandy just before killing them. This makes the meat whiter and much more tender.

FRESH FRUIT dipped in boiled sugar and let dry, makes a pretty garnish for sweet dishes.

TO CUT NEW BREAD, first dip the knife into boiling water. Repeat when cool.

When a Chest of TEA has been opened tuck some flannel completely over the tea left in the chest. It preserves the flavour.

TO COVER JAMS, use soft tissue paper dipped in milk, put it over the jam at once, when the heat will dry it, making it like parchment.

Eggshells crushed into small pieces and shaken in water bottles, three parts filled with cold water, will not only CLEAN BOTTLES thoroly, but make them look like new.

TO CLEAN DECANTERS or WATER BOTTLES. Never use shot, for fear of lead poison. Use soapy water and fine sand. Shake decanter till glass is clean and rinse with fresh water and finally with spirits of wine.

A CANDLE may be made to fit any candlestick by dipping it in hot water.

If a BOOT or SHOE pinches in any one particular place a cloth wrung out of very hot water and laid over the place while the boot is on the foot, will expand the leather and give relief.

Chloride of lime is an infallible preventative of RATS. It should be put down their holes and spread about wherever they are likely to appear.

Scatter a mixture of borax and powdered sugar about the haunts of COCKROACHES, and they well disappear.

To keep away insects from BIRD CAGES suspend a small bag of sulphur inside the cage.

To add a spoonful of powdered charcoal to water in which FLOWERS are placed will make them last as long as the they were on the plant, and without changing the water. The same results can be had by dissolving a small piece of camphor in the water.

Set inside furnace as soon as it is cleaned out for the summer a Pan of Lime. This prevents rust.

Dried orange peel allowed to smoulder on a piece of red hot iron will KILL ANY BAD SMELL and leave a pleasant one behind. This is especially nice in a sick room.

If damp, keep a box of unslaked lime in the corner of a CELLAR or underground room; it will absorb all moisture in the air, and help to keep the cellar sweet-smelling.

For the bites of MOSQUITOS or any other insects, apply pure glycerine. Just one drop will prevent irritation and heal the wound.

Did you ever think of covering the open fire-place against MOSQUITOES? A piece of screening also over chimney top helps to keep them out and also birds and bats if not flies. Be sure to remove the latter before using chimney again. Neglect of this

has been known to cause an explosion. Cobwebs and dust prevent a good draught and soft coal smoke fills up still more.

White paper should not be used for wrapping around articles that are to be put away, for the chloride of lime in the paper will destroy the color of the fabric. YELLOWISH OR BLUE PAPER is far the best for the purpose.

A lump of camphor in the chest where SILVER is kept will keep it from tarnishing.

When replacing STOPPERS in bottles give them a twist around and they will never stick.

A lump of sugar put in the TEAPOT, will prevent tea staining damask, on which it may be spilled.

HOT LIQUID may be poured with safety into any glass vessel by holding it up in the hand, and not allowing it to rest on a table.

NEWSPAPER laid smoothly inside dresses folded for packing will prevent CREASES.

A strong scrubbing brush nailed upside down at back steps will encourage delivery coolies and chit coolies to leave the mud outside.

If you do not continue using ice, have a wirescreem door to replace the ordinary one and use the ice box for a FOOD SAFE.

A GOOD DUSTING POWDER can be made of

6 parts starch powder	1 part oxide of zinc powder
2 parts boracic acid powder	

## Home Made Water Cooler

A tall Chinese kang, 20 inches high, 10 inches in diameter across the top, with a cover.

A rubber cork,  $1\frac{1}{4}$  inches in diameter.

One small metal faucet.

The man who repairs broken dishes, drills a hole near the bottom of the kang, the hole being of such a size that the rubber cork will fit tight.

Make a hole in the rubber cork for the insertion of the faucet. This must be water tight.

Boiled water for drinking purposes, is poured in the kang, to cool. Fill the bottles at the faucet, thus avoiding dipping utensils into the clean boiled water.

## Library Paste

Wet a cupful of flour with cold water until you can stir it easily. Add this, a teaspoonful at a time, to a generous pint of boiling water, stirring all the time. Should it thicken too much add more boiling water. Boil for 10 minutes. Take off and beat in 1 teaspoonful carbolic acid. When cold put in a wide mouthed bottle. If the smell of carbolic is disliked use instead 1 teaspoonful salicylic acid and 10 drops oil of cinnamon.

### Cheap Handwork Paste

1 heaping tablespoonful ground rice

1 small teaspoonful alum

3 or 4 drops oil of cloves

Mix to a thin cream with cold water. Add  $1\frac{1}{2}$  teacupfuls of boiling water, stirring well all the time. Boil for 5 minutes still stirring. Add oil of cloves—stir well—warm a bottle and pour in the paste.

**TO DRAW THREADS IN LINEN** Brush over place where threads are to be drawn with a good lather of soap and water, using a shaving or other soft brush. Let it dry and they will pull quite easily.

**TO KEEP WHITE SILK A GOOD COLOR.**—A drop of methylated spirit in the final rinsing water will preserve the shine, and if a drop or two of ordinary ink is added to the water, instead of blue, the garment will keep the color of new silk.

**REMEDY FOR SCORCH MARKS**—When ironing white silk a scorch mark can be instantly removed by putting a drop of peroxide of hydrogen on the spot, and passing the iron over it.

Instead of throwing away old jumpers of knitted material, pull-over jerseys or cardigan jackets save them to cut down into **BATHING SUITS** for the younger children.

When the CHILDRENS SHOES are growing too small and need repairing they can be enlarged and made to last 6 months and even a year longer in the case of children who are not hard on foot wear.

This is done by getting the shoe-maker to put on a new and larger toe-cap and longer sole or half-sole than before; this of course should only be done in the case of shoes which were wide and roomy to begin with. Chinese shoemakers can even stretch crepe soles, fitting on an extra piece to the under sole of leather in order to lengthen a shoe.

In the case of small shoes for children about 4 or 5 years old the cost of such alteration is rather less than  $\frac{1}{2}$  the cost of a new pair of shoes.

In large sizes which are almost the same as a man's shoe the alteration only costs about \$2.50 whereas a mans shoes of good leather in that size would cost \$9.50.

In CUTTING CLOTH ON THE BIAS for folds or bands use a small cord string, first dipped in powdered chalk. Hold lightly on the material to be cut and snap gently. The chalk makes an excellent line on which to cut.

Common camel's wool, washed very clean in hot soap suds, Dried, then combed out with old fashioned "cards"—makes a soft very warm, light weight FILLING FOR WINTER COMFORTABLES.

If gum or glue is brushed over the back of a SHOE BUCKLE OR ORNAMENT, the stones remain in for a long time.

TO DRESS A SHETLAND WOOL SHAWL after knitting wash first in lukewarm Lux or or Fab, rinse, also in lukewarm water squeezing in a large bath towel.

Previously prepare water for rinsing, in which Seccotine has been thoroughly dissolved, the proportions being 1 teaspoonful Seccotine to 1 pint lukewarm water.

Squeeze in towel, spread out flat on large sheet stretching to correct shape well pinning out all pointed edges.

For A GOOD SILVER POLISH use a little peroxide on a flannel, then rub on a little soap, and polish with a soft cloth. This is an easy method, and one that will keep silver clean much longer than most polishes.

TO CLEAN OIL FAINTINGS rub with  $\frac{1}{2}$  a raw potato and polish with an old silk handkerchief.

TO CLEAN RUGS, beat well-or use a vacuum cleaner if you have one. Sprinkle with a pail of sawdust mixed with 1 quart of gasoline and brush thoroughly with a clean scrub brush. The rugs will look like new.

To effectively DUST CHINESE CARVED FURNITURE use a soft paint brush. This will dust the cracks and crevices.

Wash BAMBOO with warm water, dry and polish with equal parts of linseed oil and turpentine, applied with flannel.

Polish lacquered BRASS well with chamois leather. Clean brass (not lacquered) with powdered whiting or rottenstone, mixed to paste with sweet oil. To clean tarnished BRASS HOOKS, soak in ammonia, then boil in water in which haricot beans have been cooked. Dry and rub with soft rag.

Sponge CANE AND WICKER CHAIRS with warm salt water, or scour with rag dipped in lemon-juice and salt. Rinse with warm water, and dry with clean cloth, then leave in open air. If cane is loose, thoroly wet with hot water, turn chair upside down, and dry in sun.

Whitish cloudy HEAT STAINS on FURNITURE may be removed by rubbing on a few drops of sweet salad oil and then polishing with spirits of wine on a soft cloth.

### My Grandmother's Receipt for Furniture Polish

$\frac{1}{4}$  oz. White wax

1 oz. Bees wax

$\frac{1}{2}$  oz. Castile soap

Cut small and dissolve in  $\frac{1}{2}$  pint of turpentine. Stand 24 hours, stirring occasionally, then add  $\frac{1}{2}$  pint boiling water. Stir until cold.

Alice M. Payne

**Furniture Polish (a)**

1 part sweet oil (olive)	} Shake well before using
2 parts turpentine	
2 parts vinegar	

**Furniture Polish (b)**

1½ oz. White Castile Soap	} digested about 2
2½ oz. Wax (the best)	
½ pint Turpentine	

Cut up the Wax and pour turpentine over to stand all night. Cut up Soap, pour half a pint of boiling water over to stand all night. Then pour all together and beat with a fork till it thickens well.

A very little produces a beautiful polish.

**Helps for Large Gatherings**

1 pound Turkey	} will serve 2 people
1 „ Chicken	
1 „ Fresh Ham	

1 pound Roast Beef	} will serve 3 or 4 people
1 „ Cured Ham	
1 „ Lamb	

1 pound cold Ham	} will serve 3 or 4 people
1 „ „ Tongue	
1 „ „ Veal Loaf	

1 bushel potatoes      Mashed      }  
1      "      Boiled      } serves 125 to 140 people

1 pound Coffee serves 40 people

2 quarts Milk      }  
2      "      Cream      } mixed serves 100 people

2 pounds butter, butters 100 rolls

2 pound box loaf sugar (192 pieces) serves 125 to 150 persons

*Mrs. H. H. Sergenian*

## A YEARLY PROGRAM

### For Housekeepers

#### January.

Best month to put the linen closet in perfect order, Repairing, making over and re-stocking.

#### February.

A time to look over personal and children's wardrobes and refreshen by replacing such little things as collars, girdles, etc.

#### March.

Have its yearly thorough cleaning given to the Sewing machine, and any worn parts replaced. This done is a boon when the rush of Spring sewing comes.

#### April.

Brush, clean, air, wrap and label each heavy winter garment to pack away for the summer. Wash blankets.

#### May.

A good month for big cleaning of the store room, as well as replacing the double windows and storm doors of winter with the screens of summer. The latter first to have a coat of screen paint.

#### June.

Make strawberry preserves and bleach linen and white garments. It takes both sun and rain.

#### July.

Cool the house by opening all windows and other ventilators in early a.m. and closing about eight and until heat of the sun is gone.

**August.**

Make all sorts of changes in the Menu to help the appetites  
Serve as many chilled dishes as possible. More fruit  
and less cereal for breakfast. Out of doors meals also  
help, especially with children.

**September.**

Schools are beginning and adults have time to plan for the  
winter work and recreation, reading etc. Even Christmas  
presents, some of which have been worked on during the  
summer can be finished and wrapped, and lists made of  
others to be bought or contrived.

**October**

House and furniture repairs this month and replenishing in all  
lines. Also putting aside all unwanted things for  
rummage sales unless this has been done in September.  
Also disinfect the whole house against roaches and  
moths.

**November.**

Make Christmas puddings and fruit cake for the family and  
small ones for presents, as well as mince meat. Post  
your homeland gifts early in this month.

**December.**

This month is so largely given up to "Christmas Holidays"  
and the home coming of the school children or older  
young folks that it is apt to be crowded. If plans were  
made early much is now ready. Continue this good start  
by selecting and addressing Christmas cards even days  
before they need be posted. Then wrap even the home  
gifts and take time for the personal messages with  
them. Candies can be made early this month and kept  
in a cool place.

## REMOVAL OF STAINS.

"At ounce of motherwit is worth a pound of learning"

<i>Character of Stain</i>	<i>Reagent</i>	<i>Method of removal</i>
BLOOD	Cold water with ivory soap, with cold raw starch	Wash in soap and water and cover with a paste of starch and water.
CANDLE, WAX	Blotting paper and warm iron	Place paper on spot and rub with hot iron, changing paper often.
CHOCOLATE	Borax with cold and boiling water	Sprinkle the stain with borax. Soak in cold water. Use boiling water as for coffee.
COFFEE, FRUIT	Boiling water (Camphor for acid stain from fruit)	Pour from a height with force. Peach and pear need frost. Put camphor on before washing it.
CREAM, MILK	Cold water	Wash while fresh. (applies to any stain, but particularly milk and cream)
GRASS STAIN,	Naphtha soap and warm water or buttermilk	Wash in soap and water, apply ammonia and cold water at once. Soak in buttermilk, wash and hang in sun to dry.
INK	Milk, sweet or sour, salt and lemon, water and chloride of lime, ongalline.	Soak in milk or in salt and lemon juice.
IRON RUST	Lemon juice, ongalline, or oxalic acid.	Spread a cloth over a bowl containing 1 quart warm water and 1 teaspoon borax. Apply acid drop by drop until stain lightens, then dip in water in bowl, or dampen with cold water, salt and lemon juice. Spread in sun and keep moist with lemon.
MEAT JUICE	Cold water and soap	Wash first in cold water, then in soap and cold water.
MEDICINE OR PERFUME STAINS	Alcohol	Soak in alcohol.

<i>Character of Stain</i>	<i>Reagent</i>	<i>Method of removal</i>
MILDEW	Lemon juice and sunshine or a paste of soap, lemon, starch and salt.	Cover with lemon juice and put in sunshine. Make a paste of soft soap, juice of 1 lemon, 1 tablespoonful powdered starch, salt, let remain on spot 48 hours, spread on grass during treatment. Make second application if necessary or soak in solution of one tablespoon chloride of lime in four quarts of water till mildew disappears. Rinse several times in clear water. For unwashable clothes, rub the spots with alcohol.
PAINT	Benzine or Turpentine.	Rub stain with either. Rub stain while fresh on wrong side of garment.
SCORCH	Sunlight	Do not have to wet it. The quicker it is treated the better. For white silk, put a drop of peroxide of hydrogen on the spot and pass the iron over it.
TEA	Glycerine and boiling water.	Spread stained part over bowl. Pour on glycerine, then boiling water.
WHEEL GREASE STREET OIL	Lard and boiling water.	Rub lard well into grease spot. Pour boiling water over the spot to remove grease. Then wash in very hot water.
FRESH WINE STAINS	Yellow laundrysoap and pulverized starch.  Or use salt and boiling water or salt & boiling milk.	Wet the stain with strong suds made of hard, yellow laundry soap. Then coat the stain very thickly with pulverized starch and lay it in the sun. After one good sun-bath of two hours or so, the stain should disappear. If it remains, repeat the process.  Cover as soon as possible with a thick layer of salt. Then treat as for coffee stains.

After using Acids, always wash cloth out in ammonia or borax water.

## LIST OF FOODSTUFFS

ENGLISH NAME		CHINESE NAME	
	A		
Almonds	- - - - -	杏	仁 Hsing Ren
Apples	- - - - -	蘋	菓 Ping Kuo
Applesauce	- - - - -	蘋 菓 醬	Ping Kuo Chiang
	B		
Bacon	- - - - -	鹹 猪	肉 Hsien Chu Roe
Bakingpowder	- - - - -	發	粉 Fa Fen
Bamboo shoots	- - - - -	竹	筍 Chu Sun
Bananas	- - - - -	香	蕉 Hsiang Chiao
Barley	- - - - -	大	麥 Ta Mai
Beans pink	- - - - -	紅	豆 Hung Doh
Beans butter	- - - - -	豆	膏 Doe Kao
Beansauce	- - - - -	醬	油 Chiang You
Beansprouts	- - - - -	豆	牙 Doe Yia Tsai
Beef	- - - - -	牛	肉 New Roe
Beef extract	- - - - -	牛	肉 精 New Roe Ching
Beefsteak	- - - - -	牛	肉 排 New Roe Pai
Beets	- - - - -	紅	菜 頭 Hung Tsai Tou
Bones	- - - - -	骨	頭 Ku Tou
Brandy	- - - - -	柏	蘭 Be Lan Di
Breadcrumbs	- - - - -	包	碎 Bao Sui
Butter	- - - - -	牛	油 New You

ENGLISH NAME	CHINESE NAME	
<b>C</b>		
Carmine	金魚紅菜	Ching Yü Hung
Celery	芹菜	Ch'in Tsai
Cherries	櫻桃	Ying Tao
Chicken	雞	Chi
Chocolate	雀各列	Chueh Ke Lieh
Cinnamon	桂皮	Kuei Pi Fen
Citric acid	檸檬樹皮	Yen Shu Suan
Citron	檸檬	Yen Shu
Cloves	丁香	Ting Hsiang
Cocoa	哥哥	Ke Ke
Cocoanut	椰子	Ping Long
Coffee	咖啡	Chia Fai
Cornmeal	玉米粉	Yü Shu Fen
Cornstarch	玉米澱粉	Yü Shu T'ien Fen
Crackers	鹹餅干	Hsien Ping Gan
Cream of tartar	酒石粉	Chiu Shih Fen
Cream sour	酸牛奶奶油	Suan Niu Nai
Crisco	菜油	Tsal You
Cucumber	黃瓜	Huang Guoa
Currants	葡萄乾	Pu Tao Kan
<b>D</b>		
Dates Chinese	中國棗	Chung Kuo Tzao
Dates honey	蜜棗	Mi Tzao
<b>E</b>		
Eggs whites	雞子白	Ke Tze Pai
Egg yolks	雞子黃	Ke Tze Huang
Eggplant	茄	Ch'teh Tze

Figs  
Fish  
Flour  
Flour  
Flour  
Flour  
French  
Frogleg  
Fruit  
Fruit  
Fruit  
Garlic  
Gelatin  
Ginger  
Goose  
Grapes  
Grape  
Grape  
Gravy  
  
Ham  
Haricots  
Herbs  
Honey  
Horseradish

ENGLISH NAME	CHINESE NAME	
F		
Figs	無花菓	Wu Hua Kuo
Fish	魚	Yü
Flour	麵粉	Men Fen
Flour Graham whole Wheat	穀子麵	Fu Tze Men
Flour rice	米粉	Mi Fen
Flour rye	小麥粉	Hsiao Mai Fen
Flour white	白麵粉	Pai Men Fen
French dressing	法國醬油	Fa Kuo You Chiang
Froglegs	田雞腿	T'ien Chi Tüei
Fruit	水果	Süi Kuo
Fruit red	柚楂	Shan Isa
Fruit juice	水果汁	Süi Kuo Chih
G		
Garlic	蒜	Suan
Gelatine	洋菜	Yang Tsai
Ginger	生薑	Sheng Chiang
Goose	鵝	Nuo
Grapes	葡萄	Pu Tao
Grape fruit	洋柚	Yang You Tze
Grape juice	葡萄汁	Fu Tao Chih
Gravy	肉汁	Roe Chih
H		
Ham	火腿	Huo Tüei
Haricots	腰豆	Yao Tzu Tou
Herbs	香草	Hsiang Tsao
Honey	蜜	Mi
Horseradish	馬蘿蔔	Ma Lo Fu

ENGLISH NAME	CHINESE NAME	CHINESE NAME
	J	
Jam - - - - -	糖	醬
Jelly - - - - -	凝	凍
	K	
Kaoling wine - - - - -	高	粱
		酒
	L	
Lamb - - - - -	小	羊
Lard - - - - -	豬	油
Leeks - - - - -	韭	菜
Lemon - - - - -	檸	檬
Lemon essence - - - - -	檸	檬
Lemon peel - - - - -	檸	檬
Lemon juice - - - - -	檸	檬
Lettuce - - - - -	生	水
Liver - - - - -	肝	菜
Lotusroots - - - - -	藕	
Lotus seeds - - - - -	蓮	子
	M	
Mace - - - - -	茴	香
Mandarin oranges - - - - -	干	橘
Meat - - - - -	肉	
Milk - - - - -	牛	奶
Milk butter - - - - -	牛	乳
Milk sour - - - - -	酸	牛
Milk sweet - - - - -	鮮	牛
Molasses - - - - -	麥	糖
		膏

ENGLISH NAME	CHINESE NAME	
Mushrooms	蘑菇	Ma Ku
Mustard	芥菜粉	Chieh Tsai Fen
Mustard dry	乾芥菜	Kan Chieh Tsai
Mustard seed	芥菜子	Chieh Tsai Tzu
<b>N</b>		
Noodles	乾麵	Kan Men
Nuts	硬殼果	Ying Ch'iao Kuo
Nutmeg	豆寇	Doe Kou
<b>O</b>		
Oats		Mai
Oatflakes	麥片	Mai Pien
Oatmeal	麥皮	Mai P'i
Olives	橄欖	Kan Lan
Olive oil	橄欖油	Kan Lan You
Onions	洋葱	Yang Ts'ung
Onions Spanish	西班牙葱	Hsi Ban Ya Ts'ung
Oranges	橘子	Chu Tzu
Orange essence	橘子汁	Chu Tzu Chih
Orange peel	橘子皮	Chu Tzu P'i
<b>P</b>		
Parseley	荷蘭芹	Ho Lan Ch'in
Feches	桃	Tao
Peanuts	花生	Hua Sheng
Peanut butter	花生醬	Hua Sheng Chiang
Peanut oil	花生油	Hua Sheng You
Pears	梨	Li
Peas	豌豆	Wan Doe
Pepper black	黑胡椒粉	Hai Hu Chiao Fen

ENGLISH NAME	CHINESE NAME	
Pepper cayenne - - -	紅胡椒粉	Hung Hu Chiao Fen
Pepper white - - -	白胡椒粉	Pai Hu Chiao Fen
Peppers green - - -	綠胡椒	Lu Hu Chiao
Peppers red - - -	紅胡椒	Hung Hu Chiao
Peppercorns - - -	胡椒子	Hu Chiao Tze
Persimmons - - -	柿子	Shih Tze
Pickle - - -	酸糖	Suan Tsai
Pigeons - - -	鴿子	Ko Tze
Pineapple - - -	波羅	Po Luo
Plum - - -	李子	Li Tze
Pork - - -	豬肉	Chu Roe
Pork fat - - -	豬油	Chu You
Pork liver - - -	豬肝	Chu Kan
Pork salt - - -	鹹豬肉	Hsien Chu Roe
Potatoes - - -	洋薯	Yang Shu
Potatoes sweet - - -	紅薯	Hung Shu
Prunes - - -	洋烏梅	Yang Wu Mai

## Q

Quince - - -	木瓜	Moo Kua
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## R

Raisins - - -	葡萄乾	Puo Tao Kan
Raspberry - - -	覆盆子	Fu Pen Tze
Rice - - -	米	Mi
Rusks - - -	麵包	Men Pao

ENGLISH NAME	CHINESE NAME	
Sage	紫蘇	Tze Su
Sago	西米	Hsi Mi
Sago flour	西米粉	Hsi Mi Fen
Salad oil	生菜油	Sheng Tsai You
Salmon	沙門魚	Sa Men Yü
Salt	鹽	Yen
Sesamin wine	芝麻酒	Tze Ma Chiu
Sherry	血利洋酒	Hsueh Li Yang Chiu
Soy	醬油	Chiang You
Spinach	蒲菜	Po Tsai
Stock	上湯	Shang Tang
Strawberry	洋梅	Yang Mei
Suet	牛油	New You
Sugar brown	黃糖	Huang Tang
Sugar, powdered	糖粉	Tang Fen
Sugar, white	白糖	Bai Tang
Syrup	冰糖	Bing Tang
 <b>T</b>		
Tapioca	西米	Hsi Mi
Tartar acid	酒石酸	Chiu Shih Suan
Tartar cream	酒石粉	Chiu Shih Fen
Tomato red	紅洋茄子	Hung Yang Ch'ieh Tze
Tomato green	青洋茄子	Ching Yang Ch'ieh Tze
Tomato catsup	洋茄子醬	Yang Ch'ieh Tzu Chiang
Treacle	糖糕	Tang Kao
Turnips	蘿葡	Lo Pu
Tea	茶	Ch'a

ENGLISH NAME	CHINESE NAME	ENGLISH NAME
V		
Vanila - - - - -	香 蕉 汁	Hsiang Chiao Chih
Veal - - - - -	小 牛 肉	Hsiao Niu Roe
Vinegar - - - - -	醋	Ts'u
W		
Walnut - - - - -	核 桃	Ho Tao
Water - - - - -	水	Shuei
Waterchestnuts - - - - -	荸 薺	Bi Ch'i
Worcestershire sauce - - -	洋 青 醬	Yang Ching Chiang
Y		
Yeast - - - - -	酵 發 麵 粉	Chiao, Fa Men Fen

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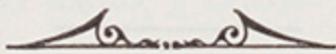
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